



Welcome to D.A.R.E at TBS!

January 2015



Dear D.A.R.E. Parents and Students,

The Avon Police Department welcomes you to the Drug Abuse Resistance Education (D.A.R.E.) Program! You are beginning an exciting ten-week program to help you resist pressures which may influence you to experiment with alcohol and tobacco. Officer Eric Lundell and Officer Chris Poulin will teach you how to resist peer pressures and make good choices to help you lead a healthy life. You will learn about bullying, how to prevent it from occurring, what to do if you are being bullied, and how to stop bullying when you see it occurring. You will also be introduced to the D.A.R.E. Decision Making Model which will assist you in problem-solving and help you to make wise decisions as you go through life.

As part of the D.A.R.E program (and to earn a graduation certificate), you are expected to abide by the following rules of the program:

- Complete your D.A.R.E. student workbook;
- Have good attendance;
- Demonstrate good behavior during class by following the D.A.R.E. rules;
- Keep your body free from drugs;
- Reflect and write about what you learned in D.A.R.E and apply it to your life; and,
- Make a Pledge Statement to make wise decisions about alcohol, tobacco, and other drugs.

Parent/guardian participation is an important part of the D.A.R.E. program. Upon completion of each D.A.R.E. class, we will send home a "D.A.R.E Family Talk" handout which helps establish and build a strong communication bridge between what we teach in the class and your home life.

The D.A.R.E curriculum is designed based on the Social-Emotional Learning Theory (SEL). SEL identifies fundamental, basic skills and developmental processes needed for healthy development including:

- Self-awareness and management;
- Responsible decision making;
- Understanding others;
- Relationship and communication skills; and,
- Handling responsibilities and challenges.

The curriculum uses this theory to teach youth to control impulses and think about risks and consequences, resulting in more responsible choices. We believe that if you can teach youth to make safe and responsible decisions, this guides them to healthy choices, not only about drugs, but in all aspects of life. As they grow to be responsible citizens, they will lead healthier and more productive drug-free lives.

Both D.A.R.E. Officers Lundell and Poulin look forward to working with you and your class, and being a part of your school community. We know that you will be a successful D.A.R.E. graduate and join the millions of other D.A.R.E. students around the world who have chosen to be drug-free.

To learn more about the D.A.R.E Officers, visit the Avon Police Department on the town's website at www.avonct.gov, or contact us with any questions.

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